

Eco-Community Dialogues Newsletter

Nancy Nelson, Editor

Vol. 7 No. 5

Friday, January 31, 2014

The Conservation Pledge

I pledge to protect and preserve the natural resources of the planet Earth, and promise to promote education so we may become caretakers of our air, water, land, forest, and wildlife.

Advocacy Tips

To stay abreast of important issues, state and federal legislators often rely on their staffs to learn what constituents are thinking, and to inform their decision making.

Successful citizen advocates understand that developing a positive relationship with a legislator's staff can greatly increase one's impact on important public policies.

If you wish your case to have bolster, the key is to compile factual information and give it to the appropriate staff member when you call on Monday or Friday, since those are when legislatures are typically out of session.

Identify yourself over the phone as a constituent of your member of the U.S. CONGRESS, and ask which staff person is responsible for the issue of concern. Ask what the staff member's area of expertise is, on the specific issue. There may be information transparency available so that constituents can know in advance what the legislator's views are, before calling.

Request an email address for follow-up purposes. If you get routed to voice mail, provide your phone number and suggest the best times to return your call. Also send an e-mail with your request for talk time. Include your contact information. If you haven't received a return phone call after two days, call again.

When you connect with the correct staff member, reiterate that you are a constituent, and ask if you may have a few minutes to discuss the issue that you know your legislator will soon be voting on. Respectfully request to know the legislator's position on the issue. Ask what his main concerns are with it. Ask if there is any chance that he will change that position. Avoid voicing your own opinion, and do NOT argue.

After you have listened, then be helpful by identifying your own pro or con position. Knowing what highest values you cherish may motivate you to identify the action you wish your legislator to take on upcoming bills and regulations. Tell why the action you wish your legislator would take will benefit constituents like you. Share what facts you have learned.

Through conversations with legislative staff you can often glean information that will prove valuable.

(Source: Winter 2013, EARTHWISE, "How to Influence the Influencers")

.....

February 3, 2014

Page 2

Stay Tuned About GMO/GE Issues

In 2013 THE NEW YORK TIMES' poll concluded that 93 percent of the American people favor required *Genetically Modified Organisms/Genetically Engineered* food labels. The terms "GMO" and "GE" are interchangeable. Last year there 95 bills were introduced in 28 states for required labeling of GMO/GE ingredients in food.

Isn't it interesting that early in 2014, even while opposing state labeling initiatives, GENERAL MILLS turned its original *Cheerios* into a non-GMO product for U.S. consumers.

In OREGON, upcoming bills and regulations are pending, about various aspects of GMO/GE contamination of farms and labeling. They are HB2175, HB2532, HB2736, HB3177 and HB3293. And *Jackson County's* Measure 15-119, can still be passed by popular vote, this May.

In fact, OREGON State Representative, *Peter Buckley*, initiated legislation to require compensation for farmers who suffer losses from GMO cross-contamination, and thankfully he has initiated legislation to ban the planting of GMO/GE in SOUTHERN OREGON.

Buckley backs increased revenues for *Farm to School* programs. He also encourages OUR FAMILY FARMS of *Ashland, Jacksonville, Medford, Phoenix, and Talent* along with organic consumer advocates, to attain a loudly unified voice in *Salem*. THERE IS POLITICAL INTEREST IN THE ORGANIC AND SUSTAINABLE FOOD MOVEMENT.

The OREGON FARM BUREAU infamously accepted \$75,000 from out-of-state GMO sugar beet corporations from the MIDWEST, from MICHIGAN, and from MINNESOTA. The GMO sugar industry in WASHINGTON D.C. and some political strategy company with out-of-state offices stuck their tail in to oppose *Jackson County*, OREGON's Measure 15-119. They are trying to influence local media coverage in order to sway local voters to oppose rather than pass the measure that would put local safeguards in place.

OUR FAMILY FARMS COALITION deserves the right to farm using organic and sustainable practices instead of biological pesticide GMO crops. The GMO sugar industry wants to monopolize by confusing the vote. Voting "No" means sabotage of local rights. *Jackson County* is the only county in the state of OREGON, where voters can save organic and sustainable farming from being disadvantaged by Governor *Kitzhaber's* sorry state of affairs for all other Oregonians. But *Jackson County* voters get to say "Yes" to a GMO crop ban. How about 45,000 registered voters turning out to take a "Yes we can" stand to pass Measure 15-119 forward into law.

If you haven't yet watched the 90-minute 2013 documentary, *GMO OMG*, by *Jeremy Seifert*, you still could. The food on his AMERICAN family's table took him on an agricultural journey to HAITI, FRANCE, and NORWAY. None of the biological pesticide companies have been representing the interests of the people, who the world over want to know what's on their plates.

To find local *Farmers Markets*, search by your zip code at <http://www.localharvest.org/>

(Sources: February 2014, TASTE FOR LIFE, "Thinking Outside the Cereal Box" by Lynn Tryba; and 2014, Volume 20, EXTRADORINARY HEALTH, "Non-GMO Legislation Proposals in the U.S. Can David Beat Goliath?", www.GardenofLife.com; January 29, 2014, MAIL TRIBUNE, "Outside seed money finances GMO battle", by Jeff Barnard; January 29, 2014, DAILY TIDINGS, "Midwest beet growers target local GMO ban" by Jeff Barnard)

Aura Cacia's Good Example

According to the February, 2014, TASTE FOR LIFE magazine The *Aura Cacia* company donates one percent of their sales to projects that support organic farmers and their communities. For more information see www.AuraCacia.com.

New Beginnings

"Waking up this morning, I smile. Twenty-four brand new hours are before me. I live fully in each moment and look at all beings with eyes of compassion."

--Thich Nhat Hanh

At HIPPOCRATES HEALTH INSTITUTE, reversals of stage 4 breast cancer are frequent and within a relatively short time span, according to www.viktoras.org. The good news is that HIPPOCRATES INSTITUTE succeeds with a holistic protocol that is joyful, inexpensive, and simple. Furthermore, the *Hippocrates Program* is being researched in conjunction with THE CALIFORNIA SCHOOL OF MEDICINE.

You might want to get your digital or print copy of CANADA's *Holistic Lifestyle Magazine* for vegans and raw vegans at www.eternitywatchmagazine.com. EW magazine was founded by Jenny Berkeley, RN, a HIPPOCRATES Health Educator.

The WORLD HEALTH ORGANIZATION's (WHO) recommends a 5% protein requirement for men, and 6% for women. Those are the same protein recommendations even for athletes in heavy training. That means your daily caloric needs can be met with a plant-based diet.

Dirty Water

The 2011 *Listeria* outbreak was the deadliest case of foodborne illness in 25 years. Cantaloupe introduced into interstate commerce, caused 33 deaths. Federal investigators claimed the equipment was old and hard to clean, so dirty water on the floor in the farm's packing house contaminated the melons.

The two COLORADO cantaloupe farmers, brothers *Eric* and *Ryan Jensen*, were each fined \$150,000 in restitution and ordered to perform 100 hours of community service after they pled guilty last year to the misdemeanor counts.

The brothers implicated that just a month before the outbreak their farm was given a superior rating by independent auditors, whom they are now suing.

(Source: January 29, 2014, WALL STREET JOURNAL, "Farmers Get Probation In Listeria-Outbreak Case", Associated Press)

Coca-Cola's Marketing Distortion

The U.S. SUPREME COURT agreed to take up POM WONDERFUL's appeal against COCA-COLA COMPANY's deceitful advertising.

The case dates back to 2008 when juice drinkers were misled about a *Minute Maid's* contents. The beverage's contents were more than 99% less-expensive apple and grape juice but graphics labeled it as a new pomegranate blueberry juice.

The U.S. SUPREME COURT will decide whether the FOOD AND DRUG ADMINISTRATION's regulation of labeling prevents POM WONDERFUL from bringing COCA-COLA's deceptive advertising claims under federal trademark law. The high court will consider POM's challenge to that ruling. The U.S. SUPREME COURT's ruling is expected by the end of June, 2014.

(Source: January 13, 2014, THE WALL STREET JOURNAL, "POM WONDERFUL, Supreme Court to Hear Case Against Coca-Cola" by Brent Kendall)

Pop Quiz

What does your regional power utility get its electrons from—Biofuels, coal, hydro, natural gas, nuclear, solar, wave, or wind.

Fair Use Notice: The *Eco-Community Dialogues* newsletters are intended for educational and informational purposes only. Just in case there's any copywriter material, the use of which material may not have always been specifically authorized by the copyright owner, it is believed that the intention of these newsletters constitutes a "Fair Use" of any copyrighted material as provided for in section 107 of the US Copyright Law. In Accordance with Title 17 U.S.C. Section 107, the *Eco-Community Dialogues* newsletters are distributed without profit to those who have an interest in using the included information for research and educational purposes. If you wish to use copyrighted material in any of the *Eco Community Dialogues* newsletters for purposes of your own that go beyond "Fair Use", you must obtain permission from the copyright owner. The information in the *Eco-Community Dialogues* newsletters does not constitute legal or technical advice.

Nancy Nelson makes every effort to ensure the accuracy of all the information (Content) contained in the Eco-Community Newsletters. However, she makes no representations or warranties whatsoever as to the accuracy, completeness, or suitability for any purpose of the Content. Any opinions and views expressed in these newsletters are the opinions and views of the authors, and should be independently verified with primary sources of information. Nancy Nelson shall not be liable for any losses, actions, claims, proceedings, demands, costs, expenses, damages and other liabilities whatsoever or howsoever caused arising directly or indirectly in connection with, in relation to, or arising out of the use of the Content. Any substantial or systematic reproduction, redistribution, selling, loan, licensing, sub-licensing, systematic supply, or distribution in any form to anyone is expressly forbidden. Access and use of these newsletters may be used only for research, teaching, and private study purposes.

This newsletter is not intended to provide medical advice on personal health conditions, nor to replace recommendations made by health professionals.
